



NATIONAL CENTER ON

Early Childhood Health and Wellness



I am Moving, I am Learning is a selection of active learning strategies that promote healthy behaviors and integrate with existing school readiness efforts. The goals of IMIL are to: increase moderate to vigorous physical activity every day, improve the quality of movement activities intentionally planned and facilitated by adults, and promote healthy food choices every day. The National Center on Early Childhood Health and Wellness is excited to bring this training to early care and education programs.

"I absolutely loved this training. It was a great learning experience and also a lot of fun. I am glad they made me attend. We are now adopting this into our program and policy council....let's do it again!"

Who Should Attend?

The training is intended to share information and strategies that can be embedded into programs and be sustainable. Head Start teams may consist of a Director, Health Manager and Education Manager. Child Care teams may select team members that suit program needs. Programs that do not have all of these positions, should include staff who have the ability to make decisions in the area of health and program planning.

How do I apply and when are the applications due?

The application is available online: <https://cedca.wufoo.com/forms/i-am-moving-i-am-learning-denver/> Completed applications must be submitted by June 24, 2016. Accepted teams will be notified by July 1, 2016.

What if I have questions?

If you have any questions about the training, please contact Sonia Sandoval-Edinger at health@ecetta.info or (805) 285-2440.